

WELCOME TO THE EDITOR'S ISSUE!

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U.S. ASSASSINATES TOP IRANIAN GENERAL

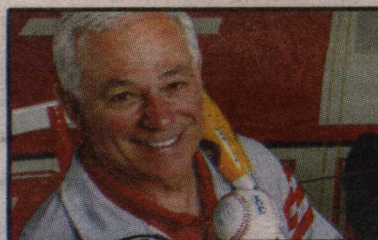
WHY THAT ACTION WAS TAKING AND WHAT HAPPENS NEXT



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MAC MILLER'S NEW ALBUM

STUDENT OPINIONS ON "CIRCLES"

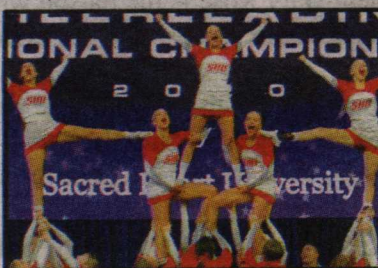


TWITTER @BOBBYVALENTINE

BOBBY V COLUMN:

JANUARY

WHAT BOBBY V HAS TO SAY ABOUT THIS MONTH OF ATHLETICS



UNIVERSAL CHEERLEADERS ASSOCIATION

CHEERLEADING WINS NATIONAL CHAMPIONSHIP

CHEERLEADING TAKES HOME FIRST PLACE IN FLORIDA LAST WEEK

@shuspectrum

What is special about the number 854,917,632?

Be the first to DM our Instagram account with the correct answer to the riddle to receive a free Spectrum crew neck!

SHU Shark Tank

BY LOUIS FREY
Assistant News Editor

Last semester, 10 teams faced off in the College of Business's fifth annual Shark Tank competition. For the first time, the competition was held at West Campus.

The judges were Mariel Diaz Castro (CEO of Triditive), Nike's Cameron Dukes, Mike Klehm (former General Electric), Brendan McAuley (CEO of Chippo Golf), and David Salinas (founder and CEO of The District).

Freshmen taking the course, Business 121, were put into groups and took part in the semester-long challenge. After creating a product or service, each group surveyed other students to see if their idea would be profitable. They also constructed a marketing plan, analyzed the finances they would need in order to create their product, and developed their own website.

When the students had their ideas ready to be pitched, a poster session was held.

"Hundreds of students were there," said Dean of Business Martha Crawford.

Teams got to explain their product: how it would change things, what the business and accounting model was, and what their target market was.

Judges chose the winners of the poster session and they got to move on to the Shark Tank event.

Each team had its own PowerPoint presentations and pitches. The teams presented their product in front of the judges and students. The groups also had to answer questions from the judges.

"They had eight minutes to present their product idea, the need for their product, their marketing, support for it, and their financials," said Assistant Professor of Management Valerie Christian.

Christian also said the competition was meant to inspire the students to be creative and come up with an idea that makes sense to investors.

The event was intended to be a fun and constructive way for students to practice publicly pitching their proposals.

"I really enjoyed the presentation. It was a little nerve-racking to have to sell your idea to such accomplished professionals, but we were so confident in our idea and the hard work we had put into it that it wasn't intimidating," said freshman Grace Kelliher.

Sacred Heart's Shark Tank allowed students to see what it is actually like to work in the business field.

"This event was helpful because it was like a trial run for an actual business presentation," said freshman Olivia Ross.

The course had a main objective for the students.

"They cover the general idea of learning how to do a business plan and becoming more familiar with business," said Christian.

The affair did not disappoint.

"It was bustling with energy. The students were completely engaged and excited," said Crawford.

According to Crawford, bringing in music and improving audio-visuals, such as quicker transitions from one PowerPoint to the next, is something that could make the Shark Tank event better.

Kelliher's team was one of the ones that got to present its concept in the Shark Tank round. Their concept was an app called "My

Schedule."

According to Kelliher, the app uses artificial intelligence to combine students' assignments on Blackboard and their personal calendar to help them plan their day and organize their limited free time.

"The app might tell a student they have an hour and a half between their Calculus class and their English class, and during that time they should eat lunch and do a reading for their philosophy class that will take approximately 30 minutes. Essentially, it's an assistant for students," said Kelliher.

The semester long project taught the students more than just the business side of things.

"I learned how to work as a team. It's definitely hard to collaborate with seven strangers on a huge project with so many moving parts. It took us a while to learn each other's strengths and weaknesses," said Kelliher. "Once we did, we were able to figure out how to work together to put our best work in the competition."



ASSOCIATED PRESS

SACRED HEART'S SHARK TANK EVENT GAVE STUDENTS THE OPPORTUNITY TO SEE WHAT IT IS REALLY LIKE TO WORK IN THE BUSINESS FIELD. PICTURED ABOVE: AN IMAGE FROM A 2018 "SHARK TANK" EPISODE.



SACRED HEART UNIVERSITY'S BUSINESS PROGRAM HOSTED ITS FIFTH ANNUAL SHARK TANK EVENT LAST SEMESTER, WHICH WAS HELD AT WEST CAMPUS.

News

U.S. Assassinates Top Iranian General

BY THEO EKIYOR
Contributing Writer

On Jan. 3, the United States executed airstrike that killed a top Iranian general at Baghdad's international airport. Maj. Gen. Qassem Soleimani, the head of Iran's elite Quds Force, was killed in his vehicle on an access road near the Baghdad airport by an armed drone.

The United States Department of Defense released a statement that Soleimani was killed because he "was actively developing plans to attack American diplomats and service members in Iraq and throughout the region." It also accused Soleimani of approving the attacks on the U.S. Embassy in Baghdad earlier in the week before the strike.

President Trump did not immediately address the United States public after the strike but sent out a tweet of an American flag.

As the head of the Quds Force of Iran's paramilitary Revolutionary Guard, the 62-year-old Soleimani led all of its expeditionary forces. For many in Iran, the killing of General Soleimani represents more than just the loss of a battlefield commander, but also of a cultural icon who represented national pride and resilience while facing U.S. sanctions.

Following the airstrike, Iran promised retaliation as its Supreme Leader Ayatollah Ali Khamenei swiftly pledged to take "severe revenge" for Soleimani's assassination.

Trump responded to Iran by threatening to attack 52 cultural sites in Iran if they retaliated.

The president's tweet caught administration officials off-guard and prompted an immediate outcry from legal scholars, national security experts and lawmakers, who said that such an attack would constitute a war crime under the 1954 Hague Convention for the protection of cultural sites. Trump later went back on his statements, saying, "I like to obey the law."

In the early morning of Jan. 8, Iran struck back at the United States by firing a series of ballistic missiles at two military bases in Iraq housing American troops.

There were no casualties in the attack, the U.S. has said, although 34 troops are being treated for concussion and traumatic brain injury symptoms from the blast. According to U.S. military officials, American troops were informed of an impending missile barrage hours before their air base in Iraq was struck by Iran.

The attack on military bases was Iran's most direct assault on America since the 1979 seizing of the U.S. Embassy in Tehran.

Moments after the strike, Iran's foreign minister, Mohhamed Javad Zarif,

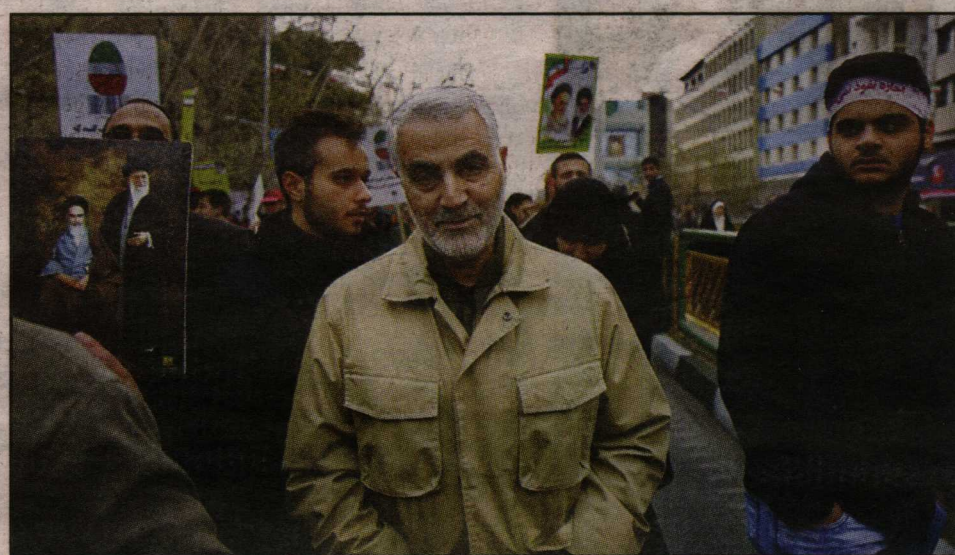
tweeted that Iran "took & concluded proportionate measures in self-defense," adding that Iran did "not seek escalation" but would defend itself against further aggression.

On Jan. 5, the Iraqi parliament voted to expel all foreign troops, including U.S. troops, from their country and to cancel its request for assistance from the U.S.-led coalition that had previously worked with Baghdad in its fight against ISIS.

Dr. Akbulut Gok of Sacred Heart's government department, an expert in international affairs, gave some perspective on the vote. She stated that "The assassination of Soleimani will also affect US-Iraq relations and U.S.'s position in Iraq. Although pro-Iran paramilitary groups and Iraqi parliament demand the withdrawal of U.S. troops in Iraq, they won't be able to force the U.S. leave."

These events come in the midst of rising tensions across the Middle East after Trump's decision to unilaterally withdraw America from Tehran's nuclear deal with world powers.

The Associated Press contributed to this article.



ON JAN. 3RD, THE UNITED STATES KILLED A TOP IRANIAN GENERAL BY AIRSTRIKE AT BAGHDAD'S INTERNATIONAL AIRPORT. ASSOCIATED PRESS

Spotlight: Air Force ROTC Program

BY ANAYA VANCE
News Editor

Sacred Heart, alongside seven local universities, including Yale, offers The Air Force Reserve Officer Training Corps (ROTC) program to students who are interested in becoming Air Force officers while earning a college degree. The program provides college students with the leadership and critical thinking skills needed to succeed as leaders for the Air Force and the nation.

"I was the first class at SHU to commission from the program along with Nick Cavallone and Curtis Quinn. The program at Yale is truly amazing, you learn a lot. It will challenge you in a way that no other program offered at SHU will! That isn't to say that it is too hard, but that it is different and an incredible opportunity," said Lieutenant Mark Boyle.

Mark Boyle along with Nick Cavallone, and Curtis Quinn are the first SHU students to cycle through SHU's crosstown agreement with Yale's ROTC Program.

"ROTC clearly had a direct impact on my career because it is how I was able to commission and become a 2nd Lieutenant! The training I received was invaluable especially the leadership lessons," said Lieutenant Boyle.

The program aims to educate, train, and prepare cadets for the life in the Air Force. It offers a four-year curriculum where students learn the foundation of the US Air Force, Military History of the West, The Evolution of Air & Space Power, US Air Force Leadership Studies, and National Security Affairs as well as preparation for active-duty. The program also entails students to attend classes at Yale twice a week as well as a two-week summer program.

Air Force ROTC also offers scholarships that are awarded annually to, high school students, college students and current cadets. It is based upon a competitive, merit-based selection process including GPA, Fitness, and AFOQT or SAT scores. The award includes paid tuition, books, and a tax-free stipend that are available for qualified students in technical, nursing, foreign language, and many other fields.

"The military is not for everyone, but I do believe there is a place in the military for anyone, and the training you receive is second to none. You also get to meet some truly amazing people! Some of the most inspiring and influential people lead our nations military and going through the ROTC program, you get to take advantage of learning about these peoples' careers and receiving quality mentorship," said Lieutenant Boyle.

It is best for students interested in the program and actively participating in the

life of an Air Force officer to get involved in either their freshmen or sophomore year.

"Freshmen and sophomores can qualify, but it is best to enter the program as a freshmen. Any student interested in joining the program should contact the Yale ROTC office and speak directly to one of the commanding officers," said Professor Gary Rose.

Professor and Chair of the Dept. of Government Gary Rose is the liaison with the program, in which he conducts information sessions to describe the cross-town program to prospective students.

"There a number of different functions I perform as the liaison that in one way or another help with the visibility and activity of the program," said Rose.

Sacred Heart has had a relationship with the Air Force ROTC Program for six years and recruit about 10 students per year into the program.

"We welcome all inquiries and encourage Sacred Heart students to apply. Each of the last three years Sacred Heart has hosted our Fall military dinner and we appreciate all that the university does to support it's student participants. Dr. Rose, the Sacred Heart University representative to our program, is a fantastic resource and we value his lasting contributions to the success we have here at AFRÖTC Detachment 009," said Colonel Thomas D. McCarthy.



SACRED HEART UNIVERSITY, ALONG WITH SEVEN LOCAL UNIVERSITIES, OFFERS THE AIR FORCE RESERVE OFFICER TRAINING CORPS PROGRAM TO STUDENTS INTERESTED IN BECOMING AIR FORCE OFFICERS WHILE EARNING A COLLEGE DEGREE. SACRED HEART UNIVERSITY

Perspectives

“The Bachelor”

BY GINA D'AMICO
Perspectives Editor

It is Monday at 8 p.m. – are you sitting down and tuning in to “The Bachelor”?

“Every Monday night, I look forward to relaxing on the couch with my friends to watch “The Bachelor.” We all gather together and eat snacks and drink wine and gossip about the show. There is so much drama that happens, it makes each week exciting to watch,” said senior Brooke Dado.

“The Bachelor” is a reality dating television show on ABC where contestants go on to find their potential spouse. On this season of “The Bachelor,” 30 women were selected to try to win Peter Weber’s heart.

“For us as viewers it is exciting to pick our favorites after the first episode and see how far they will make it throughout the show. Madison is a clear frontrunner for this season and is personally one of my favorites,” said junior Ashley Gugliotti.

Each week, Pete selects who gets to go on group or one-on-one dates. After each week, Peter has a rose ceremony where he eliminates contestants that he does not see a future with.

“I like watching the rose ceremony on ‘The Bachelor’ because it is a thrilling way for the viewers to see how Peter is feeling about each contestant and it is exciting to watch contestants go home each week as it gets closer to the finale,” said junior Colleen Walsh.

In addition, many Sacred Heart students prefer to watch “The Bachelor” with friends.

““The Bachelor’ is so much fun to watch with your friends because everybody gets so excited watching people get really upset over the smallest things and fight over a boy. If I watched it by myself, it definitely would not be the same,” said sophomore Gabrielle Gregor.

While many students look forward to watching the show every Monday, others dislike the idea of the show.

“I feel as though the idea behind the show is all fun and games. However, the show is objectifying women by putting them against each other for the attention of one man. The show is hurting the immense amount of work and effort women have been putting in for decades to be looked at as equals to males,” said sophomore Kristine Udahl.

However, junior Brianna Costanza feels that this season of “The Bachelor” is one of the best.

“Everyone last season loved Peter and saw how real and kind he was. I think a lot more people are watching and are rooting for him to find love. He was one of my favorites last year, so I am more prone to watch every Monday,” said Costanza.

Although senior Deanna Nicolo is a fan of the show, she is less excited about this season.

“I’m definitely less excited about Peter’s season than previous seasons, it’s been much more obvious the producers are trying to make stuff up to keep us entertained with something but I’d never stop watching ‘The Bachelor’ because of it,” said Nicolo.



MANY SACRED HEART UNIVERSITY STUDENTS TUNE INTO THE BACHELOR ON MONDAY AT 8 P.M. ON THIS SEASON OF “THE BACHELOR,” 30 WOMEN WERE SELECTED TO TRY TO WIN PETER WEBER’S (PICTURED ABOVE) HEART.

New Year’s Resolutions: How to Do Them Right

BY AMANDA DE LAUZON
Features Editor

With the change of the calendar year, many people have decided to make some changes in their own lives.

According to History.com, “The ancient Babylonians are said to have been the first people to make New Year’s resolutions, some 4,000 years ago. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year’s resolutions.”

Now that we know where this idea came from, let’s focus on how we see these resolutions present day. New Year’s resolutions now are often a change that someone wants to make in their life starting Jan. 1 and following through for the rest of the year. Some common ones are to work out more, to eat healthier or to get organized.

However, not everyone believes a New Year’s resolution has to be a huge change that will flip your life around.

“You can start a change in your life any day or time of the year and it doesn’t ever have to be drastic or competitive. It can be a small change each day that just improves your life,” said senior Emily Miller, a Communications and Film major. “I think the problem with New Year’s resolutions is that people think they have to start it when the year changes rather than start when they feel they want a change and they try to make it drastic. This causes a feeling of overwhelming competition.”

As a Communications major, she is constantly using technology and her New Year’s resolution reflects her want for a break.

“I want to read more, especially before going to sleep, instead of being on my phone, and to drink more water. I feel like resolutions like these could actually help people because of how much we are on technology. It’s good to give your brain a rest and it could help you sleep better and relax easier,” said Miller.

Sacred Heart’s S.W.E.E.T. Peer Educators focus a lot on student’s health and safety, and self-care is part of that.

“New Year’s resolutions do work as long as you stay away from keeping them general. The more specific the better. It’s a great way to take some time to self-reflect and look back at the year,” said Olivia Okoroafor, S.W.E.E.T.’s social media chair.

There are, however, problems with these resolutions, which people may need to think about when focusing on their own for the new year.

“The problem is that many people only base their resolutions on the past. Your resolutions shouldn’t only focus on the past, but instead begin making a brighter tomorrow,” said Okoroafor. “There are little things we can do to maintain and improve our mental health. Self-care should never be at the bottom of your to-do list. Doing the things you love and

avoiding the things you don’t can improve your day tremendously.”

Self-care can take many different forms for different people. Two Sacred Heart seniors have their own tips for self-care this new year.

“Self-care can really be anything. Two things I do to relax and to de-stress while also improving my health are going to the gym and cooking dinner for myself,” said senior Rebecca Lerner, an Elementary Education major. “I feel like learning a new recipe and cooking for myself makes me less anxious and rewind from the day while also eating healthier.”

“I feel like finding something to do besides school that your passionate about is important for self-care,” said senior Michelle Munos, a Psychology major and dance team captain. “For me, dance is what I have loved to do my whole life and doing it throughout college has given me a chance to really focus on one thing and to not let school overwhelm me.”



MANY SACRED HEART STUDENTS MADE NEW YEARS RESOLUTIONS THIS YEAR. PICTURED ABOVE: NYC AT MIDNIGHT ON JANUARY 1ST, 2020.

Features

Wiesel and Frassati May Be the Best Dorms Yet

BY SHANNON SZEFINSKI, MACKENZIE MAHER, AND TYLER LASCOLA
Features Editor / Perspectives Editor / Copy Editor

The start of the spring semester did not just mean new classes for some Sacred Heart students – for those who spent the last four months living in the Trumbull Marriott, it meant finally being able to move into their newly finished dormitories on Upper Quad.

Together housing more than 240 residents, Elie Wiesel Hall and Pier Giorgio Frassati Hall opened to students on Jan. 12, and an official dedication ceremony will be held on Jan. 30. The twin dorms boast a unique view of the Lower Quad from the bridge between them, beneath which sits a newly installed metal sculpture: two figures, a man and woman, kneeling and facing each other. Wiesel is the one on the woman's side, right next to Toussaint Hall.

The completion of Wiesel and Frassati was eagerly anticipated by those former Marriott residents, however the transition was difficult for some of them.

"It was like moving in twice. We had to take all of our things home and bring them back again," said sophomore Sara Webel. "However, a second move-in day was kind of fun. It was like getting move-in day jitters all over again."

"I feel like the experience brought us closer together after helping each other move in, and getting through it together," said sophomore Connor Rossi.

After living at the Marriott and taking a shuttle to campus every day, residents on the Upper Quad enjoy being in the heart of campus.

"The location is in the most perfect spot on campus because it is right in the middle of everything. You're surrounded by Lindas, the Main Academic Building and everything else is just a short walk," said sophomore Tommaso Tollis.

"My favorite part of the new dorms has to be how close they are to everything on campus. It's helpful that everything is a quick walk away, especially if you don't have a car at school," said sophomore Alex Miras.

"Living back on campus has been much more convenient. It is nice not having to take the shuttle every day to campus, like I did when I lived at the Marriott," said sophomore Abby Radwanski (one of those without a car here).

Another perk of the location that Wiesel and Frassati residents enjoy is the ease with which they can now be involved in different clubs and organizations.

"It was really difficult being so far, because you really did miss out on a lot of the experiences, clubs and activities SHU has to offer, simply because of the amount of time it took to get back and forth from campus," said Webel.

"Being on campus makes me stay involved and feel more at home," said sophomore Brooke Cahill.

Junior Cailee Mathewson says that there are so many things to love about the new dorms, the convenient location being just one.

"It is spacious, yet cozy and bright with all of the windows and lights. It just feels super clean," she said.

The spaciousness is one of the qualities that students most remarked upon.

"My favorite part of the new building is the amount of space we have in the common room to chill and spend time with friends," said Rossi.

"The way the rooms are set up makes them easily accessible for people to move around the room however they prefer, without feeling too close to one another," said Tollis.

The dorms' design is the first of its kind on the Sacred Heart campus. The two halls are set up apartment-style: two single bedrooms and one double, along with a bathroom, common room and kitchen.

"What residents can expect from living here is that they will never want to leave," said junior RSA Brenna Reilly. "Being able to have access to their own kitchen, bathroom and living room gives such a homey feel to it." And the residents concur!

"Some of my favorite things about the building are the kitchen, because of how big it is, and also the modern look of the rooms," said junior Katie Graham. "I love how the rooms are arranged in an apartment style; it makes it feel so open."

"The convenience of having your own kitchen and big fridge allows for my roommate and I to cook delicious meals together," said Cahill. She also loves having her own room within her suite. "I find this super helpful when studying or doing homework. I think this feature makes the Upper Quad such an amazing place to live."

Other amenities include wireless internet access, air conditioning/heating, and a closet, a desk and chair for each resident.

The Residence Success Assistants of the new Upper Quad are taking steps to make living in the new building the best experience, for residents and for students who just want to come inside and see what it is like.

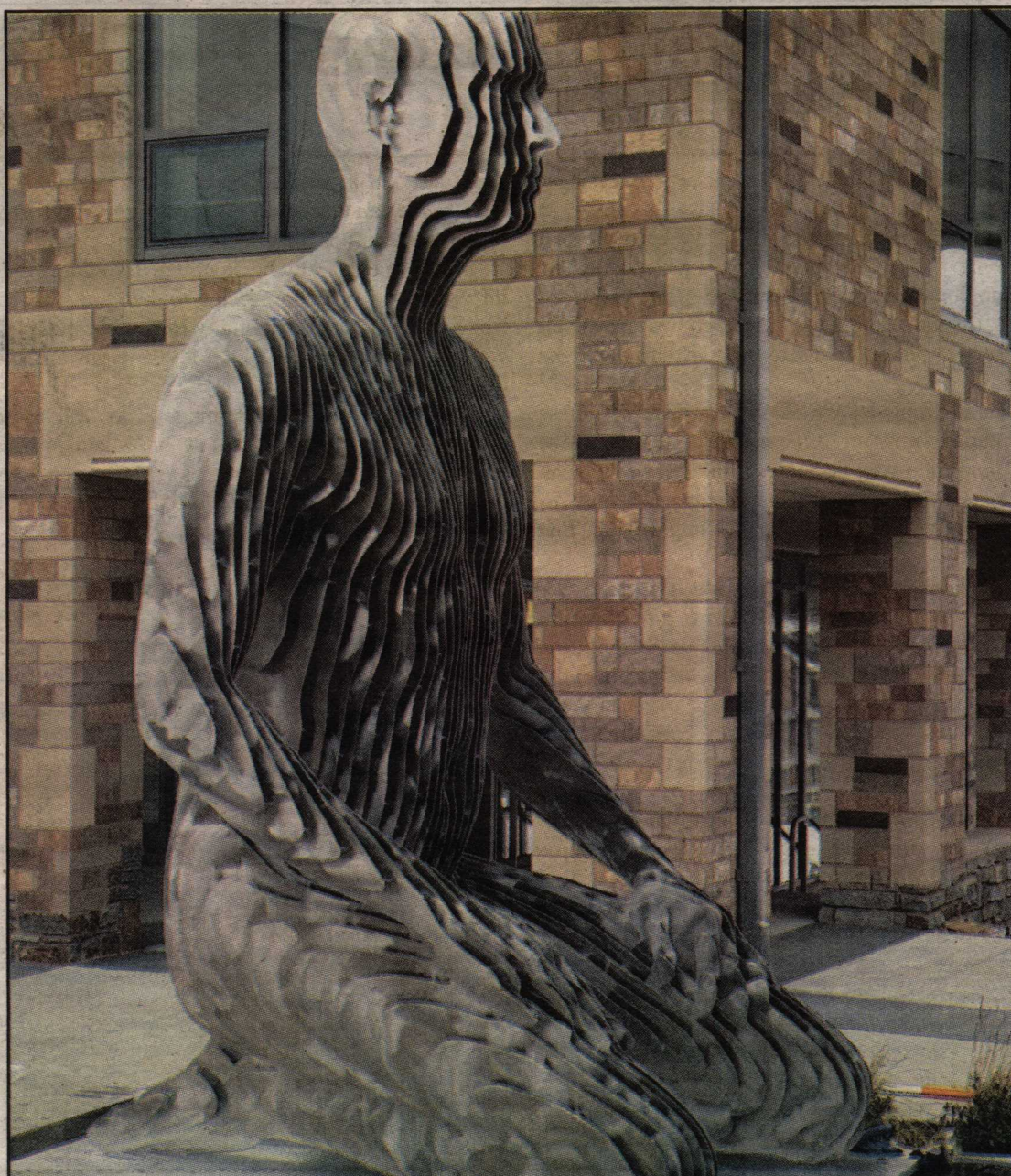
"Being in the brand new building on campus means that we are the talk of the university. Everyone is going to want to come in and see all the beautiful features themselves, so keeping on top of students' safety and the cleanliness of the building is going to be key," said senior Rob Allingham.

In the words of Residence Hall Director Daniele Mascia, "These residence halls are somewhere that students will create many new memories and make friendships that will last a lifetime."

Freshman Julia Dobie says she hopes to live in one of the two new dorms next year when she is given the opportunity, once the housing lottery comes out.

"Living in Roncalli has not been the best location because it is very far from everything on campus. The new buildings are at the center of everything and a much more convenient place to live," said Dobie.

Alongside Toussaint, these buildings comprise the east side of the future Upper Quad residential village, which is now about halfway complete. Three more dorms and another dining hall are still in the works.



INSTAGRAM @SHUPREZ

DR. JOHN PETILLO, THE PRESIDENT OF SACRED HEART UNIVERSITY, POSTED MANY UPDATES ABOUT SACRED HEART'S NEWEST DORMS ON INSTAGRAM OVER WINTER BREAK.

Event Announcement

“Mystery at the Library”

The Ryan Matura Library, in collaboration with the Office of Global Affairs and Critical Thinking Across the Curriculum Program, presents

Mystery at the Library:

Where in the World is Big Red?

An Escape Room Experience

Saturday, February 8
Noon-4 p.m.
Ryan Matura Library

Calling all gumSHUs! Can you figure out where Big Red is? Grab your friends and come to the Ryan Matura Library for an escape room experience. You will have 50 minutes to solve puzzles and follow the clues to find Big Red.

To register, visit:

sacredheart.libwizard.com/f/mystery



Sacred Heart
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Arts & Entertainment

Grammy Recap: 'Music's Biggest Night' 2020

BY JACKIE O'ROURKE
A&E Editor

On Sunday night, Alicia Keys hosted the 62nd annual Grammy awards. The award show and ceremony took place at the Staples Center in Los Angeles and was televised live on CBS.

Lizzo opened the show with a medley of her songs "Cuz I Love You" and "Truth Hurts," accompanied by an orchestra and her famous flute.

Before she started singing, Lizzo exclaimed, "Tonight is for Kobe," in reference to the passing of NBA legend Kobe Bryant who died in a helicopter crash earlier that day.

"We're literally standing here heartbroken in the house that Kobe Bryant built," said Keys onstage at The Staples Center where Bryant played for most of his career for the Los Angeles Lakers. Boys II Men then joined her onstage to sing their song "It's So Hard to Say Goodbye to Yesterday" in tribute.

The first award of the broadcast, Best Pop Solo Performance, went to Lizzo for her song, "Truth Hurts."

"That's it girl. I'm so happy," said junior Hope Lecours on Lizzo's win.

Jonas Brothers performed their two new songs, "5 More Minutes" and "What a Man Gotta Do." Fans quickly took to Twitter once they noticed that Nick Jonas had lettuce stuck in his teeth during the performance. Jonas himself later tweeted, "At least you all know I eat my greens."

Tyler the Creator performed a medley of "Earthquake" and "New Magic Wand" alongside Boys II Men, from his album "Igor," which won "Best Rap Album" later in the show.

"The Tyler the Creator performance was shocking in a good way. It was an outlandish choice to have him perform," said sophomore Ryan McHallam.

Dan + Shay took home the award for Best Country Duo/Group Performance for their song "Speechless."

Usher performed a variety of Prince songs in honor of the late musician's Grammy



ASSOCIATED PRESS

SUNDAY, JAN. 26 WAS THE 62ND ANNUAL GRAMMY AWARDS. PICTURED ABOVE: FROM LEFT TO RIGHT, ALICIA KEYS AND DUA LIPA PRESENT THE GRAMMY FOR "BEST NEW ARTIST" TO BILLIE EILISH.

legacy. "I was glad to see the Grammys keeping Prince's legend alive," said junior Kristen Prenderville.

Camila Cabello performed her song "First Man," which junior Kali D'Agostinis described as "One of my favorite songs from Camila."

The performance was surrounded with screens playing home videos of Cabello and her father. Cabello eventually made her way down to the audience where her father was sitting and ended the performance hugging him.

Hip-hop group Run DMC and rock band Aerosmith performed a duet of Aerosmith's classic, "Walk This Way."

"As a big fan of both rock and rap, I thought it was wonderful seeing those guys onstage together," said McHallam.

Ariana Grande performed a medley of her songs "Imagine," "7 Rings," and "Thank U, Next."

"It would've been cool if she didn't sing something so mainstream because there are a lot of songs where her vocals are so much better, like "R.E.M." or "Bad Idea." But she was really good and I'm glad she played," said junior Mickey Pirro.

Lil Nas X performed the smash hit "Old Town Road" for the first time on television with special guests, Billy Ray Cyrus, BTS, Mason Ramsey, and Diplo.

"I think this performance is pretty solid. I like the presentation and I'm impressed with him," said McHallam.

"Old Town Road" won the awards for Best Pop Duo/Group Performance and Best Music Video.

Demi Lovato performed her powerful new song "Anyone." This was Lovato's first performance since her drug overdose in July 2018. Lovato received a standing ovation from her peers in the audience.

DJ Khaled, Roddy Rich, John Legend, Meek Mill, and YG all teamed up to perform the song "Higher" in honor of rapper Nipsey Hussle, who was featured on the song before he was shot last March, and also in honor of Kobe Bryant. The song later won the award for "Best Rap/Sung Performance."

The biggest line-up included Camila Cabello, Gary Clark, Jr., John Legend, Debbie Allen, Joshua Bell, Common, Misty Copeland, Lang Lang, Cyndi Lauper, Ben Platt, and the War and Treaty, who contributed to the tribute to Ken Ehrlich, a long time Grammy producer who recently announced his retirement.

Billie Eilish performed her song "when the party's over," accompanied by her brother Finneas on piano, who was named "Producer of the Year" earlier in the evening.

Eighteen year old Billie Eilish had six nominations; she won Song of the Year, Best New Artist, Album of the Year, Record of the Year, and Best Pop Vocal Album.

Eilish's four biggest wins made Grammy history. According to AP, "Not only did she become the youngest person to win one of Grammy's top awards – record, song and album of the year, and best new artist – Eilish is the first artist to sweep all four since Christopher Cross in 1981."

The Associated Press contributed to this article.

Posthumous Mac Miller Album "Circles" Drops

BY JULIA PIZZUTO
Assistant A&E Editor

"Circles," the sixth and final album of Pittsburgh-born artist Malcolm Miller, known to the world as Mac Miller, was released on Jan. 17. The posthumous album comes nearly a year and a half after the rapper's accidental drug overdose. Fans were shocked by his death on Sept. 7, 2018, at the young age of 26.

The single "Good News" off the new album was number 17 on Billboard Hot 100 for the week of January 22, making it Mac Miller's highest charting solo track ever.

Miller meant for "Circles" to be a continuation of album "Swimming," which dropped in Aug. 2018, barely a month before Miller's death. The vocals for "Circles" were previously recorded, but the instruments for the album and some overdubbing were completed by producer John Brion.

Brion and Miller were good friends, and had collaborated on "Swimming" as well. Brion decided to finish Mac's work after being asked by Miller's family.

Miller had been dropping hits since he released his mixtape "But My Mackin' Aint Easy" under the name Easy Mac. However, Miller's last two albums moved away from rap, "Hands" being the only true rap track on "Circles."

The track "Blue World" strays into jazzy territory, starting with a sample from 1950 song "It's a Blue World" by The Four Freshmen. The song is freshman Jesse Chelednik's favorite off of "Circles."

"It has an older sound to it, like it's a classic song...its nuts," said Chelednik.

The lyrics of both "Circles" and "Swimming" are evident of Miller's struggles with mental health and addiction. In the "Circles" song "Complicated," Mac expresses just wanting to make it through a day before he can think about the future.

The track "That's On Me" is Mac acknowledging his own mental state, with "that's on me, I know" repeated throughout the song. Upon hearing the track "Once a Day," Brion told Apple Music he "ran out into the hallway and cried again and dried my eyes out and went back in."

While most of the songs on "Circles" focus on Miller himself, some love songs are included. The song "Woods" features the line "hate love, heartbreak will have you bankrupt."

The album is a unique opportunity for fans to celebrate new Mac Miller music one final time. "It's like a gift from beyond the grave," said Chelednik.



ASSOCIATED PRESS

MAC MILLER'S FINAL ALBUM "CIRCLES" WAS RELEASED ON JAN. 17, 2020, NEARLY ONE AND A HALF YEARS AFTER HIS DEATH ON SEPT. 7, 2018.

Sports

Cheerleading Wins National Championship

BY ERICA CONDON
Managing Editor

The Sacred Heart cheerleading team placed first at the Universal Cheerleaders Association (UCA) College National Championships on Jan. 18, winning their vefirst National Championship title.

The team traveled to Orlando to compete at the ESPN Wide World of Sports in the All Girl Division I category.

The team began their season in Aug. 2019 when they attended UCA College Spirit Camp at the University of Scranton.

Senior captain Jessie Esposito said out of all her four years on the team, this year she had felt the most confident going into the competition.

“Coming into the competition I definitely expected our team to perform really well. The most important goal we tried to focus on was to give everything our best shot and come off of the mat with no regrets,” said Esposito.

Throughout their season of preparation the team also cheers on the Pioneers at home football and basketball games, as well as attending local competitions and community service events.

“Our season starts Aug. 1 with practices five days a week and lift twice a week. The month leading up to nationals we practiced twice a day. We had also performed our routine numerous times in front of large crowds. They were very prepared this season and feeling confident about their routine, that was my main priority,” said head coach Christina Sereno.

Sereno devotes herself to the team not only as a head coach but as a Sacred Heart alumna and a former member of the team.

“I couldn’t be more honored to coach such an amazing group of athletes. They have overcome so many obstacles and never let anything stop them. The presented each obstacle with positivity and determination,” said Sereno. “I wish all coaches had the chance to work with these athletes. They never cease to amaze me.”

The Pioneers kicked off their competition weekend by performing their routine in semi-finals which then qualified them to advance to finals. Out of 16 teams in the extremely competitive division, only 8 teams advanced to the final round.

Senior captain Jayce Jones said that her main goal was to go out and hit a routine with no regrets.

“Once we accomplished hitting out best routine, that’s all that mattered to me because at that point it was up to the judges,” said Jones.

The team went on to perform their routine one last time in the final round. Their goal was to hit their routine to the best of their ability and that is exactly what they did.

“The feeling you get walking off of the mat knowing your team gave it their all is indescribable because win or lose, that feeling is the most rewarding part of cheerleading,”

said Esposito.

To conclude the competition, the team eagerly huddled together awaiting to hear what place they had received at the awards ceremony.

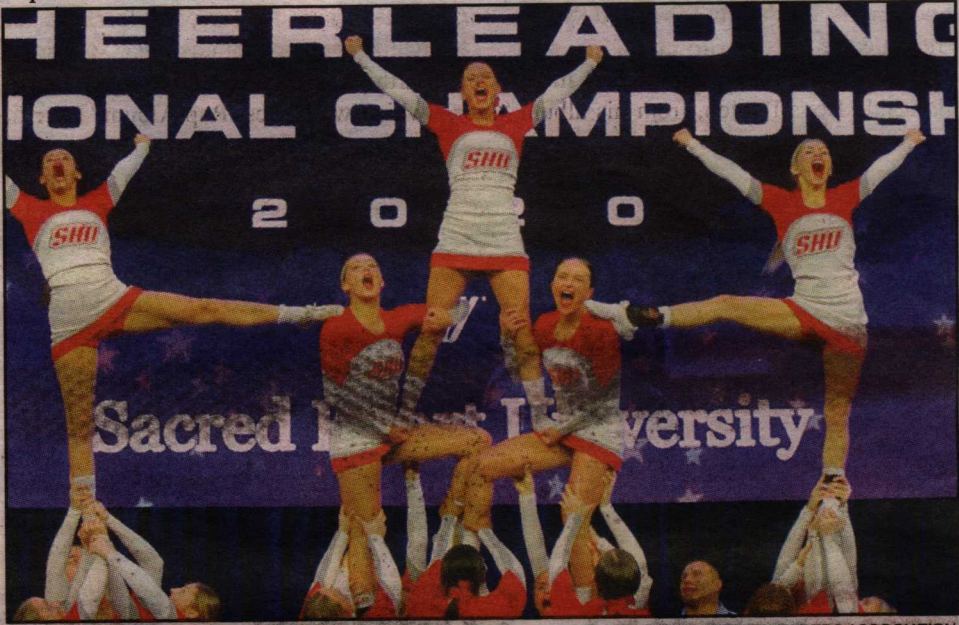
“When we were announced as national champions I knew that we had made history and I couldn’t have been more proud, it’s a feeling I will never forget,” said Esposito.

The team brought back their national title to campus on Monday Jan. 20 with a warm welcome from friends, family, and faculty at the William H. Pitt Center.

“Coming off of that bus with the trophy after being escorted by police on the way home from the airport was when I finally realized, I am a national champion,” said Esposito.

The local news stations WTNH News 8 and News 12 Connecticut were also on campus awaiting the arrival of the National Champions.

“The support from the news was so unexpected. I am so glad that we were able to share our story with the community and I hope that it can inspire people to never stop working hard for what they want, to always stay humble, and make every moment count,” said Esposito.



THE SACRED HEART CHEERLEADING TEAM PLACED FIRST AT THE UNIVERSAL CHEERLEADERS ASSOCIATION COLLEGE NATIONAL CHAMPIONSHIPS ON JAN. 18 IN ORLANDO, FLORIDA.

Fencing Grabs Silver at the January North American Cup

BY DAN GARDELLA
Sports Editor

The Sacred Heart fencing team finished in second place at the January North American Cup. The team, which consisted of sophomore Tomas Koeck and alumni brothers Stuart and Andrew Holmes.

The trio was seeded second out of 23 teams according to Andrew Holmes, which earned them a first round bye in the competition. The team defeated New York University (NYU), SCAD-Atlanta, and the University of San Francisco “White” team to reach the final round. However, in the final match, the team would fall to the University of San Francisco “Red” team.

The tournament, which only lasts one day and goes from nine o’clock in the morning until five o’clock in the afternoon forced fencers to not only keep up their strategy throughout the day, but also stick together.

“It’s a grind,” said Holmes. “It’s a very long day, but the most important thing is that you have each other’s backs and work as a team.”

Although there is an age gap between the Holmes brothers and Koeck, they have known each other for around seven years. While Stuart and Andrew were in the fencing program at Sacred Heart, they trained at the Fairfield Fencing Academy due to its close proximity. There, they met Koeck, who was a student in the academy as well.

While the Holmes brothers taught Koeck, it also allowed the sophomore to learn from college fencers and begin to create a bond with them.

“Growing up, I always looked up to them,” said Koeck. “Stu and Andrew were especially successful at fencing, but they also showed good comradery and were good sportsmen. I’d always ask them for tips and talked with them.”

Koeck’s relationship with the brothers ultimately helped Koeck find his way to Sacred Heart. After being recruited by many other schools, he reached out to the Holmes brothers regarding Sacred Heart.

“I got in touch with Andrew and Stu and asked ‘Do you think Sacred Heart would be a good fit for me?’ and they said absolutely. I talked to Yury [Molchan] and he helped me with the process,” said Koeck.

The three had always wanted to take part in a team event together, but things would never materialize. However, the North American Cup provided an opportunity in which the stars would align and the three would compete as a team.

Regardless of the second place finish, Holmes takes pride in being able to represent Sacred Heart, even after graduating in 2015.

“It means a lot,” said Holmes. “I always said that the four years I spent at Sacred Heart were the best of my life, and the fencing team was a huge part of that. We had a lot of team and individual accolades when I was there, but it feels nice to still be able to contribute something to the school, even though Stu and I aren’t there anymore.”

For Koeck who continues to fence in season for the Pioneers, head fencing coach Yury

Molchan believes that competing in a competition like the North American Cup boosts confidence as well as give the school more national notoriety.

“It’s very good for the team in terms of growing,” said Molchan. “When we are there, people can see the Sacred Heart logo. It certainly helps for the recruitment process as well as them getting to see me and how we work.”



SACRED HEART’S FENCING TEAM FINISHED IN SECOND PLACE AT THE JANUARY NORTH AMERICAN CUP. PICTURED ABOVE: SPECTRUM’S ASSISTANT PHOTO EDITOR SOPHOMORE TOMAS KOECK (MIDDLE) WITH SHU ALUMNI BROTHERS STUART AND ANDREW HOLMES.

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Living in a Social Media World

RENEE VIVIANO

ASSISTANT PR MANAGER

We are in a time that it is hard to ignore social media because of how prevalent it is all around us. I first had my first social media, Instagram, sophomore year of high school. Now I also have to add that my parents did not allow me to have social media. I ended up making one anyways. Looking back now, it was 100% not worth getting. But don't we all look back on things in our younger years we regret? I slowly started to realize that most things I was seeing on Instagram were really a distortion of reality. People like to create an image, but you never really know what is going on behind closed doors. I believe that the world has become a more complicated place ever since social media has taken over. Simple things like relationships, friendships, topics of controversy, and just day to day life has been made so hard. Social media, to me, has created in some cases, people that need to have constant validation that they are worth something to someone and need constant communication. My observations of the negative effects of Snapchat, is that people sometimes hold their importance to someone based off a response. The amount of times I have heard "and he left me on read." So that automatically assumes they don't want to be your friend anymore or that guy doesn't like you. Now doesn't that just sound wrong. Social Media, I believe is one of the leading causes of why so many kids my age, younger and older, experience extreme anxiety and depression. Before the world became a place where people need to prove that they are doing fun things and making sure their ex knew they are doing good,

things were simple. There was less pressures. We created those pressures. I went to a restaurant this weekend. I watched a father sitting with his two sons sitting at the booth across from me have his face down in his phone for an entire forty-five minutes. It was disgusting. Some people have forgotten how to have real fun, real conversations and be okay with open air and nothing to do. Instead, if we are with a group of people and there is nothing to do, we go to our phones. Without knowing it, we are shutting out the people around us and creating an environment that is not as friendly. I realized it was all a hoax and a waste of quality time in my life. What is shown on social media is not people's real stories, nobody looks beautiful every second of every day. Social media can be used in so many ways to promote and spread word about a business or about great ideas you want to share. Share your experiences with the ones around you and be present where you are. Inspire others through your words and your passions. Don't use social media as a crutch when you are uncomfortable. There is so much in this world to take in, how sad if you miss it because you were looking down at a screen.

A Month in Review with Bobby V: January

BY BOBBY VALENTINE

EXECUTIVE DIRECTOR OF ATHLETICS



TWITTER @BOBBYVALENTINE

I have been part of the Sacred Heart University community for just shy of a decade and it has been an exciting ride. The exponential growth of our university under the direction of President Petillo and his leadership team is one for the story books and yet, we are not done.

On Saturday afternoon, the university announced that this summer we will break ground on an on-campus hockey arena. The venue will serve as the home to our men's and women's hockey programs, as well as a variety of club teams, and benefit the campus community as a whole. The excitement of this project coming step closer to fruition was palpable in-person with our alumni and in the social media realm.

Following our announcement, the men's hockey team went out and defeated Yale, 6-2, in its inaugural CT Ice game, in front of more than 1,000 screaming Pioneer fans. Webster Bank Arena was awash in SHU pride and we turned the building red!

I can't explain the sense of pride I am filled with when our university supports our Pioneers in such away. Whether it be in an athletic event, a musical or theatre performance, or the scores of other extracurricular activities that our students excel at – there is nothing better than a Pioneer crowd!

It is my hope that this support continues to grow, as our winter sports push towards the postseason and as spring sports prepare to embark on their seasons. Our men's hockey team is atop the Atlantic Hockey standings and as the inaugural CT Ice Champions – the really did 'Dominate the State'. The women's hockey team has won six straight games and are leading the race for the NEWHA regular season crown. On the hardwood, both of our basketball teams are coming off great home wins, with vocal crowds, on Saturday at the Pitt Center. Both squads are tied for fourth in the NEC standings, and battling for home games during the postseason as well.

One of the biggest supporters of our athletic programs is the SHU Cheer team. They accomplished a grand feat this month, when they

won the UCA All-Girls Division I National Championship. The team was nearly perfect in the finals, scoring 90.3 out of a possible 100. And then, to be able to welcome them back to campus with a police and fire department escorts and rousing welcome by their fans at the Pitt Center. I extend my congratulations to the coaches and team members on their success.

The true focus of our athletics department is the academic success of our student-athletes. We take great pride in that success and I am always pleased when our student-athletes are recognized for their accomplishments. Bridget Kelly of our field hockey team was named the Northeast Conference Field Hockey Scholar-Athlete of the Year. That highlighted a league-best 143 Pioneers being named to the NEC Academic Honor Roll. These that excel athletically and academically deserve a huge round of applause!

I am happy to have everyone back on campus and look forward to a great spring semester.

Go Pios!

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

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